

Collection of Cucumber Salads

German Cucumber Salad

2 large cucumbers
2 teaspoons salt
½ cup apple cider vinegar
1/3 cup cane sugar
3 tablespoons chopped dill
Black pepper

Score skin of 2 large cucumbers lengthwise with a fork all the way around. Slice cucumbers very thinly with grater then toss gently in 2 tsp salt and let drain in a colander for 1 hour. Afterwards, rinse under cold water and blot dry. In a saucepan gently heat 1/2 cup cider vinegar with 1/3 cup cane sugar until sugar is completely dissolved - let this cool. Then combine the cider vinegar mix and cucumbers in a bowl, cover and marinate for 2 hours or more. Before serving, drain off excess liquid and mix cucumber with 3 Tb chopped fresh dill and black pepper to taste.

Asian Cucumber Salad

Combine in a bowl, cover and refrigerate for 2 hours:

1 large cucumber, halved and thinly sliced (a grater works best)
1/4 cup rice vinegar
4 tsp toasted sesame seeds
1-2 tsp evaporated cane juice
1 Tb hijiki seaweed
(optional - add thinly sliced daikon radish)

Greek Cucumber Salad

(tzatziki)

Toss together 2 large, seeded and sliced cucumbers and 1 tsp salt in a colander - let drain for 30 minutes. Then press out water, rinse lightly and pat dry. Combine the cucumbers with:

2 cloves pressed garlic
2 tsp white wine vinegar
2 tsp chopped fresh mint
2 cups thick Greek-style yogurt
salt and pepper to taste

Before serving, drizzle over the salad 1 Tb of extra virgin olive oil.